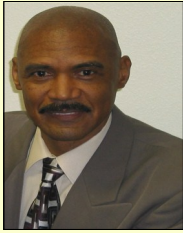


## Facilitators

*Colin A. Dunbar, M.Div., D. Min.*



Colin has conducted seminars in Spiritual Gifts, Men and Family Ministries, Interpersonal Relationships and Church Revivals. He has been an adjunct professor at Andrews University Theological Seminary, and is a Certified Grief Recovery Counselor. He has conducted support groups for men, currently pastors in the Upper Columbia Conference of Seventh-day Adventists. Colin will facilitate the men's group.

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*Mable Dunbar, Ph.D., L.P.C.*



Mable has a Ph.D. in Family Mediation, is a Licensed Professional Counselor, Certified Cognitive Behavioral Therapist, and Certified Domestic Violence Counselor. She is President and CEO of Women's Healing and Empowerment Network (W.H.E. Network), a faith based not for profit organization. Mable conducts workshops, seminars and healing conferences nationally and internationally for individuals who are seeking recovery from abuse, dysfunctional thoughts, feelings and behaviors. Mable will facilitate the women's group.



## Goal and Objectives

### Goal:

*To provide support, education, and personal skills training for individuals seeking recovery from dysfunctional patterns of thinking, feeling, doing and desire to live an abundant life in Christ.*

### Objectives:

#### To help participants:

- Explore the impact of their family of origin on self, interpersonal relationships, thoughts, feelings, actions, etc..
- Identify new thought processes and methods to help them recover from past feelings of pain, hurt, anger, co-dependency, , bitterness, guilt, shame, blame, etc., and make positive choices for self and family.
- Become more proficient and effective in communication, assertiveness, setting boundaries, goal setting, handling stress, coping with depression and anxiety.
- Practice what they learn in the group experience and apply to everyday situations so that they can have control over their lives, build and maintain healthy relationships, and live abundant lives in the Lord.

*I will give you back your health and heal your wounds says the LORD.*

*-Jeremiah 30:17*

# Christians in



# Recovery

*A Support Group for Men and Women  
(18 and older)*

*Monday evenings: 6:00 -7:30 p.m.  
(January-March, 2012)*

**Jan. 16, 23, 30,  
February 6, 13, 27,  
March 5, 12, 19, 26**

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*Sponsored by  
Women's Healing and Empowerment Network  
(W.H.E. Network)*

*Location:  
West Central Multi-Cultural Church  
1201 West Spofford  
Spokane, WA 99209*

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***"Saying Hello to the unknown takes Faith.  
Saying Goodbye to the familiar takes Courage."**  
-Unknown*

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Day Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Child's Name \_\_\_\_\_ Age \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**FREE CHILDCARE!**

*For ages 3-10*

Cost: \$10.00 per week  
(includes notebook and handouts)

Mail this registration form by January 3 to:

**W.H.E. Network CIR Support Group**  
**PO Box 9637**  
**Spokane, WA 99209**

Or register online at  
[www.whenetwork.com](http://www.whenetwork.com)

For more information:  
(509) 323-2123

## About Christians In Recovery



- Are you feeling that there MUST be more to life than what you're experiencing?
- Do you feel overwhelmed with its pressures?
- Are you dealing with emotional pain that is slowly draining your life?

*God doesn't want you to keep on hurting like that. He has provided a way for you to heal and recover from the Hurts, Habits and Hang-ups that can make your life unmanageable.*

- Do you long for more fulfilling and satisfying relationships?
- Is it your desire to be a Godly man, woman, husband, wife, mother, father, friend, etc.?
- Do you want to find healing and power over dysfunctional thoughts, feelings, and behaviors?

# Christians In Recovery

*is a group process to help  
you understand and deal with many  
of life's challenges*

## Support Group Topics

**Week 1:** *Orientation*  
*Jan. 16 Who am I? (The Core Beliefs)*

**Week 2:** *Family of Origin Issues*  
*Jan. 23*

**Week 3:** *The Power of Messages/*  
*Jan. 30 Communication Skills*

**Week 4:** *Coping with Loss/Grief/Depression*  
*Feb. 6*

**Week 5:** *Handling Stress*  
*Feb. 13*

**Week 6:** *Co-Dependency and Setting*  
*Feb. 27 Boundaries (Assertiveness)*

**Week 7:** *Dealing with Anger/*  
*March 5 Conflict Resolution*

**Week 8:** *Relationship Styles:*  
*March 12 How to Form a Healthy One*

**Week 9:** *Forgiveness/Reconciliation*  
*March 19*

**Week 10:** *Self Care and Celebration*  
*March 26*

**Registration Deadline:**  
**January 3, 2012**